

# Nalanda Institute Australia

NEWSLETTER

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Pictures Above: Buddhist of West Festival

## BUDDHIST OF WEST FESTIVAL

“An open heart is  
an open mind.” –  
Dalai Lama

In April, Nalanda Institute Australia was invited to the first Buddhist of the West Festival organised by Avalokitesvara Yuan Tong Monastery, with the support of Brimbank City Council, Quang Minh Temple and other temples around Melbourne. It was a beautiful Autumn day filled with delicious vegetarian food, games, talks, lion dancing, greek dancing, Indonesian dancing, Togan church group dancing and sutra writing classes. For more information and pictures please visit

<https://www.aytm.org.au/2019/04/14/the-buddhists-of-the-west-multicultural-festival/>



## VESAK DAY

This celebration, commonly celebrated by Buddhists, has become an international celebration which promotes peace and compassion around the world. Here at Nalanda Institute Australia, we contribute by hosting a day of commemoration to Buddha's sacrifice of his youthful life in search for the true meaning of life. On this special day, we invited distinguished Venerables from around Victoria and the surrounding community to join in and help us to pray and organise the day's events. These events include chanting, talks, music, dana, bathing the Buddha and food for the attendees. This day was a success and could only have come about due to our resourceful volunteers.



## RETREAT

They travelled to Sydney to attend an official Buddhist 3 month retreat opening ceremony and then returned to Cairnlea for a 1 week winter retreat in Melbourne for the induction of An Quang Temple. They were responsible for teachings for all 140 people who attended which included monks, nuns and lay people. The retreat included chanting, meditation, teachings and questions and answers from devotees.



## THE DHAMMAPADA

### Dhammapada Verse 60 (English)

Long is the night to one who is wakeful  
Long is one yojana to the traveller who is tired  
Long is samsara to the fool,  
who is ignorant of the true Dhamma.

### Kinh Pháp Cú Phẩm Ngũ Câu 60 (Vietnamese)

Đêm dài cho kẻ thức  
Đường dài cho kẻ mệt  
Đời dài cho kẻ ngu  
Không hiểu chọn diệu Pháp

### Annatarapurisa Vatthu (Pali)

Digha jagarato ratti  
Digham santassa yojanam  
Digho balana samsaro  
Saddhammam avijanatam

An explanation of this verse in Vietnamese can be found on our website if you would like to view our student's work. Please visit <https://nalandaaus.site/index.php/resources/> or in the Resources page at [www.nalandaaus.site](http://www.nalandaaus.site).



## UPCOMING EVENTS

- Ullumbana Festival August 17th

Thank you for you reading our newsletter. We apologise if we have made any mistakes throughout the newsletter. We also appreciate any feedback you can leave by emailing us on [admin@nalandaaus.site](mailto:admin@nalandaaus.site).  
Metta, Nalanda Institute.